
The Behavioral Risk Factor Surveillance System (BRFSS) is an annual statewide telephone survey of adults developed by the Center for Disease Control and Prevention and administered by the New York State Department of Health. The BRFSS is designed to provide information on behaviors, risk factors, and utilization of preventive services related to the leading causes of chronic and infectious diseases, disability, injury, and death among the noninstitutionalized, civilian population aged 18 years and older.

Milk Consumption New York State Adults 2007

Introduction

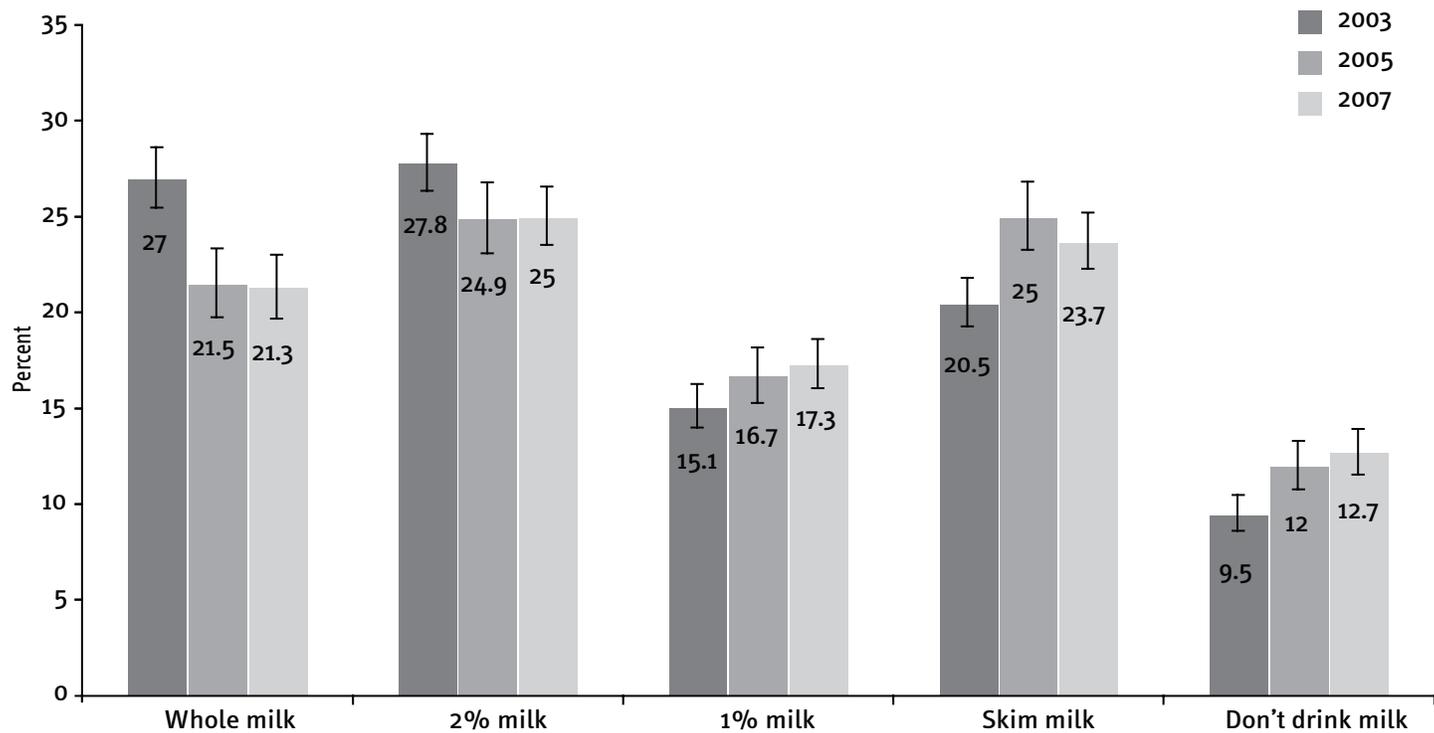
Consuming a diet high in saturated fat is a risk factor for cardiovascular disease, the leading cause of death in New York State and a significant focus of the New York State Department of Health Prevention Agenda Towards the Healthiest State.¹ Milk is the largest source of saturated fat in children's diets and the third largest source in adults' diets. Switching from whole to fat-free/skim milk can contribute to adults being able to meet United States Dietary Guidelines for Americans recommendations of consuming 10 percent or less of total calories from saturated fat and no more than 30 percent of total calories from all fats.² Consuming low-fat milk and other low-fat dairy products is a component of the Dietary Approaches to Stop Hypertension (DASH) eating plan.³

BRFSS Questions

What type of milk do you usually drink or put on your cereal?

- a. whole (regular)*
- b. 2% milk (reduced fat)*
- c. 1% milk (low fat)*
- d. skim milk (fat free)*

Milk consumption among New York adults, by BRFSS years



Note: Error bars represent 95% confidence intervals.
Note: Percentages are age-adjusted to 2000 US census population.

Milk consumption among New York State adults: 2007 BRFSS

	Whole (regular)		2% milk (reduced fat)		1% milk (low fat)		Skim milk (fat free)		Don't drink milk	
	% ^a	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
New York State (NYS)	20.9	19.3-22.6	25.2	23.7-26.7	17.3	16.1-18.6	23.8	22.4-25.2	12.8	11.7-14.0
Sex										
Male	25.2	22.6-28.0	24.7	22.4-27.1	15.2	13.4-17.3	21.5	19.4-23.8	13.4	11.6-15.4
Female	17.1	15.3-19.0	25.6	23.8-27.6	19.2	17.6-20.9	25.9	24.1-27.7	12.2	10.9-13.7
Age (years)										
18-24	33.6	26.7-41.3	22.1	16.7-28.7	14.8	10.3-20.8	17.4	12.6-23.5	12.0	7.9-18.0
25-34	27.5	22.8-32.8	22.8	18.7-27.4	14.3	11.3-18.0	25.1	21.0-29.6	10.3	7.6-14.0
35-44	21.3	18.1-24.9	24.3	21.3-27.7	19.0	16.3-22.1	22.6	19.6-25.8	12.8	10.4-15.7
45-54	17.8	15.3-20.7	28.3	25.5-31.3	16.8	14.6-19.2	23.7	21.1-26.4	13.5	11.4-15.9
55-64	15.8	13.2-18.7	26.6	23.7-29.7	19.0	16.4-22.0	23.0	20.4-26.0	15.6	13.3-18.2
≥65	13.0	11.0-15.4	26.0	23.5-28.7	19.4	17.3-21.8	29.1	26.6-31.8	12.5	10.7-14.5
Race/ethnicity										
White, non-Hispanic	14.3	13.0-15.7	27.0	25.4-28.6	19.8	18.4-21.2	28.1	26.6-29.7	10.8	9.8-11.9
Black, non-Hispanic	29.5	24.4-35.2	25.3	20.5-30.7	13.2	10.0-17.4	11.5	8.4-15.7	20.5	16.1-25.7
Hispanic	35.3	29.5-41.7	18.9	14.7-23.8	15.1	11.4-19.7	16.9	13.0-21.6	13.9	10.3-18.4
Other, non-Hispanic	30.3	23.3-38.4	23.5	18.1-30.0	10.7	7.2-15.7	22.3	16.4-29.6	13.2	9.4-18.2
Annual household income										
<\$15,000	34.8	28.0-42.2	23.4	19.0-28.6	13.1	9.6-17.7	15.0	10.7-20.5	13.7	9.4-19.6
\$15,000-\$24,999	30.7	25.6-36.2	24.3	20.6-28.3	13.5	10.4-17.5	18.1	14.6-22.1	13.5	10.5-17.2
\$25,000-\$34,999	23.1	18.2-28.9	28.2	23.7-33.3	15.7	12.5-19.6	18.3	14.9-22.4	14.7	10.6-19.9
\$35,000-\$49,999	17.5	13.9-21.9	31.3	26.9-36.1	16.6	13.4-20.3	21.8	18.2-25.8	12.9	9.9-16.5
≥\$50,000	14.9	13.0-16.9	23.6	21.5-25.8	20.4	18.5-22.5	28.9	26.8-31.2	12.2	10.7-13.9
Missing ^b	24.7	19.8-30.3	24.2	20.1-28.8	15.5	12.4-19.2	23.8	19.8-28.3	11.8	9.1-15.2
Education										
Less than high school	46.2	39.5-52.9	18.3	14.5-23.0	10.2	7.1-14.4	12.3	8.6-17.4	13.0	9.4-17.6
High school or GED	22.4	19.4-25.6	32.2	29.2-35.3	16.0	13.8-18.5	18.2	15.9-20.7	11.3	9.2-13.8
Some post-high school	19.7	16.8-23.1	29.3	26.1-32.7	16.7	14.4-19.2	21.1	18.5-24.0	13.2	11.0-15.9
College graduate	13.6	11.6-15.7	19.5	17.5-21.6	20.7	18.6-22.9	33.0	30.6-35.5	13.3	11.7-15.1
Weight Status										
Obese ^c	18.2	15.3-21.5	26.7	24.0-29.7	20.1	17.6-22.9	22.6	20.0-25.5	12.4	10.2-14.9
Overweight ^d	18.6	16.1-21.4	26.4	23.8-29.0	17.5	15.4-19.8	24.5	22.2-26.9	13.1	11.1-15.3
Neither overweight nor obese ^e	25.3	22.5-28.3	23.2	20.8-25.8	15.6	13.7-17.7	23.4	21.1-25.8	12.6	10.9-14.5
Region										
New York City (NYC)	29.9	26.5-33.6	16.8	14.6-19.4	16.0	13.9-18.4	20.4	17.8-23.3	16.8	14.4-19.5
NYS exclusive of NYC	16.6	15.0-18.2	29.2	27.4-31.0	18.0	16.5-19.6	25.4	23.8-27.1	10.8	9.7-12.1

^a % = weighted percentage; CI = confidence interval

^b "Missing" category included because more than 10% of the sample did not report income.

^c Obese, BMI ≥ 30.0.

^d Overweight, 25.0 ≤ BMI < 30.0.

^e Neither overweight nor obese, BMI < 25.0.

References

1. New York State Department of Health Prevention Agenda Towards the Healthiest State. http://www.nyhealth.gov/prevention/prevention_agenda/chronic_disease/
2. U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans, 2005. 6th ed. Washington, DC: U.S. Government Printing Office, January 2005.
3. Sacks FM, Svetkey LP, Vollmer WM, Appel LF, Bray, GA, Harsha D, Obarzanek E, Conlin PR, Miller ER, Simons-Morton DG, Karanja N, Lin P-H for the DASH-Sodium Collaborative Research Group. Effects on blood pressure of reduced dietary sodium and the Dietary Approaches to Stop Hypertension (DASH) diet. *New England Journal of Medicine* 2001; 344:3-10

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